## CLAIMS

## What is claimed is:

- 2 telecommunications network comprising:
- one or more computers having one or more users
- 4 desiring motivational support for workouts; and
- a fitness server communicably linked to the one
- or more computers through the telecommunications network
- and being configured to provide exercise routines,
- parameters, tracking, and motivational assistance.

- 1 2. The fitness system of claim 1 wherein the fitness
- 2 server includes a workout module, a membership module, a
- 3 food module, and a email module.
- 1 3. The fitness system of claim 2 wherein the workout
- 2 module includes workout routines.
- 1 4. The fitness system of claim 3 wherein the workout
- 2 routines are predetermined workout programs.
- 1 5. The fitness system of claim 3 wherein the
- workout routines are user specified workout programs.
- 1 6. The fitness system of claim of claim 4 wherein
- 2 the predetermined workout programs are daily workout
- 3 routines.
- 7. The fitness system of claim 4 wherein the
- 2 predetermined workout programs are weekly workout routines.
- 1 8. The fitness system of claim 4 wherein the
- 2 predetermined workout programs are
- 1 9. The fitness system of claim 2 wherein the workout
- 2 module includes workout logs.

- 10. The fitness system of claim 9 wherein the workout
- 2 logs correspond to one or more users.
- 1 11. The fitness system of claim 2 wherein the workout
- 2 module includes workout histories.
- 1 12. The fitness system of claim 11 wherein the
- workout histories correspond to one or more users.
- 1 13. The fitness system of claim 2 wherein the
- 2 membership module includes payment mechanism.
- 1 14. The system of claim 13 wherein the payment
- 2 mechanism allows the membership module to verify payment
- information supplied by one or more users.
- 1 15. The system of claim 2 wherein the membership
- module is configured to update and verify the account
- status of one or more users.
- 1 16. The system of claim 2 wherein the email module
- 2 is configured to provide motivational messages to one or
- 3 more users.

- 1 17. The system of claim 2 wherein the food module is
- 2 configured to provide nutritional guidance to one or more
- 3 users.
- 1 18. The system of claim 1 wherein the global
- 2 communications network is the Internet.

- 1 19. A method of personal training across a global
- 2 communications network comprising the steps of:
- 3 specifying a fitness level for atleast one
- 4 person;
- 5 electing a goal for the person;
- selecting a workout program corresponding to the
- 7 goal;
- 8 charting progress of the person in the chosen
- 9 workout program;
- providing motivational statements to the person
- 11 via the global communications network, wherein the
- 12 motivational statements encourage the person to continue
- 13 with and fulfill the workout program.

- 1 20. The method of claim 19 wherein the fitness level
- 2 is beginner.
- 1 21. The method of claim 19 wherein the fitness level
- 2 is intermediate.
- 1 22. The method of claim 19 wherein the fitness level
- 2 is advanced.
- 1 23. The method of claim 19 wherein the step of
- 2 charting is performed using atleast a first workout log and
- at least a second workout log.
- 1 24. The method of claim 23 wherein the first workout
- 2 log is a weight training log.
- 1 25. The method of claim 23 wherein the second workout
- 2 log is a cardiovascular log.
- 1 26. The method of claim 19 wherein the global
- 2 communications network is the Internet.